What is claimed is:

1. A nut butter or nut spread composition comprising (i) a nut ingredient, (ii) from about 0-10% seasonings, (iii) from about 0.5-2.5% stabilizer, (iv) from about 0-1% emulsifier and (v) from about 0-60% bulking agent, and the particle size distribution of said nut butter or nut spread composition having a lower percentage of fine and coarse sized particles and a higher percentage of medium sized particles such that at least 90% of the particles are smaller than about 40 microns, at least 50% of the particles are smaller than about 3 microns and 1.4% of the particles are larger than 58.7 microns wherein the composition has a spreadability of about 4.000 kg to about 5.300 kg.

2. The composition of claim 1 having a Brookfield viscosity from about 6,000 to about 14,000 centipoise taken at a temperature of 85° C after 60 seconds at 20 rpm with a spindle D, heliopath.

3. The composition of claim 1 wherein the nut ingredient is nuts, nut slurry or defatted nut flour or a combination thereof or nuts and nut slurry, nuts and defatted nut flour or nut slurry and defatted nut flour.

4. The composition of claim 3 further comprising nut oil.

5. The composition of claim 1 wherein the nut ingredient is a peanut ingredient.

6. The composition of Claim 1 having a spreadability of from about 4.915 kg to about 5.215 kg.

7. A reduced fat nut spread composition comprising (i) a nut ingredient, (ii) from about 0-10% seasonings, (iii) from about 0.3-2% stabilizer, (iv) from about 0-1% emulsifier and (v) from about 10-60% bulking agent and the particle size distribution of said nut spread composition having a lower percentage of fine and coarse sized particles and a higher

percentage of medium sized particles such that at least 90% of the particles are smaller than about 40 microns, at least 50% of the particles are smaller than about 10 microns, at least 10% of the particles are smaller than about 3 microns and 1.4% of the particles are larger than 58.7 microns wherein the composition has a spreadability of about 4.000 kg to about 5.300 kg.

8. The composition of claim 7 having a Brookfield viscosity from about 6,000 to about 14,000 centipoise taken at a temperature of 85°C after 60 seconds at 20 rpm with a spindle D, heliopath.

9. The composition of claim 7 wherein the nut ingredient is nuts, nut slurry or defatted nut flour or a combination thereof or nuts and nut slurry, nuts and defatted nut flour or nut slurry and defatted nut flour.

10. The composition of claim 9 further comprising nut oil.

11. The composition of claim 7 wherein the nut ingredient is a peanut ingredient.

12. The composition of claim 7 having a spreadability of from about 4.915 kg to about 5.215 kg.